



Email Newsletter Sign-up

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ROCKVILLE SWIM AND FITNESS CENTER

355 Martins Lane • Rockville, MD 20850

<http://www.rockvillemd.gov/swimcenter> • (240) 314-8750

2015 Recreational Swim and Fitness Center Schedule

Fall I (September 8th to October 11th*)

***May be extended if weather permits**

POOLS

	<u>North Pool</u>	<u>Fitness Pool</u>
Monday	6:00 – 8:20 am 11:00 – 2:00 pm 5:00 – 9:00 pm (ramp area and first lane not available until 5:15 pm)	6:00 am – 9:00 pm <i>Minimum of six Short course lanes</i>
Tuesday	6:00 – 8:20 am 11:00 – 4:30 pm 6:00 – 9:00 pm (ramp area and first lane not available until 6:15 pm, <u>TWO LANES lap swim ONLY</u> from 8:30-9:00pm)	6:00 am – 8:00 pm <i>Minimum of six Short course lanes</i>
Wednesday	6:00 – 8:20 am 11:00 – 2:00 pm 5:00 – 9:00 pm (ramp area and first lane not available until 5:15 pm, <u>TWO LANES lap swim ONLY</u> from 8:30-9:00pm)	6:00 am – 8:00 pm <i>Minimum of six Short course lanes</i>
Thursday	6:00 – 8:20 am 11:00 – 4:30 pm 6:00 – 9:00 pm (ramp area and first lane not available until 6:15 pm, <u>TWO LANES lap swim ONLY</u> from 8:30-9:00pm)	6:00 am – 8:00 pm <i>Minimum of six Short course lanes</i>
Friday	6:00 – 8:20 am 11:00 – 3:30 pm 5:00 – 9:00 pm (ramp area and first lane not available until 5:15 pm)	6:00 am – 9:00 pm <i>Minimum of six Short course lanes</i>
Saturday	6:00 – 7:30 am 12:00 – 9:00 pm	9:00 am – 6:00 pm <i>Long course lanes</i>
Sunday	1:00 – 9:00 pm	9:00 am – 8:30 pm <i>Long course lanes</i>

South Pool CLOSED for Construction - Check www.rockvillemd.gov/rsfc renovations for details

Fitness Room, Saunas, and Spa Hours

Monday through Friday:	6:00 a.m. – 9:00 p.m.
Saturday	6:00 a.m. to 9:00 p.m. (Spa closes at 7:00 p.m.)
Sunday:	9:00 a.m. – 9:00 p.m.

Please note: The spa is closed to all children (17 and Under) during swimming lessons.